

NASA-LaRC SAFETY NEWSLETTER

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Good Hygiene Helps Promote Good Health

Dictionary definitions of hygiene include " a system of principles for the preservation of health and prevention of disease " and " conditions or practices conducive to health. " That is why good hygiene should concern workers, too.

Good hygiene practices can help prevent health problems that may result from exposure to:

- * *Hazardous substances you work with*, which can cause various health problems, from nausea and skin rashes to internal organ damage or even cancer. These may be acute (appearing immediately) or chronic (developing over time).
- * *Blood or other body fluids*, which may carry serious viruses such as hepatitis B (which damages the liver) and HIV (which causes AIDS).
- * *Germs and viruses* that can cause a wide range of diseases from pinkeye to influenza.

Minimizing Exposure

All of these exposures can be minimized by knowledge of the hazards and the practice of good hygiene. Some of these practices may be OSHA requirements, others just a matter of common sense. For example, OSHA instructs workers (1910.141) that they must not "consume food or beverages in a toilet room nor in any area exposed to a toxic material." That seems pretty obvious, and other equally sensible worker hygiene practices are easy to achieve, once they become habits.

**HAVE A SAFETY CONCERN ?
LET US HEAR ABOUT IT !
CALL YOUR SAFETY OFFICE AT
EXTENSION 4-SAFE (47233).**

Bicycle and Pedestrian Safety

Many LaRC employees are active in walking, jogging and bicycle riding. The following are requirements to be followed at LaRC as written in LMI 1700.7.

Bicycles

- Bicycles will be operated to the right side of the roadway and operators will comply with all of the rules of the road. (**Bicycles are not to be ridden on walkways.**)

Pedestrians

- Cross streets at designated crosswalks exercising extreme caution at corners.
- Look both ways before entering crosswalks to make sure there is sufficient time to walk across the street.
- Do not step in front of an oncoming vehicle assuming the vehicle will stop. (Pedestrians have the right of way in crosswalks after they stop, look and enter with sufficient time to safely cross the street.)

Pedestrians and joggers are required to use road shoulders (where present), face oncoming traffic, and groups of three or more are to walk or jog in a single file.

FACILITY HALLWAYS AND EXITS

All Facility Safety Heads and Facility Coordinators are reminded that the placing of cabinets and other material in facility hallways is a safety violation. OSHA prohibits the restriction of any hallway that serves as a main exit from the facility. Recent Safety and Health Audits performed in LaRC facilities found a number of violations of this requirement. All Facility Coordinators and Facility Safety Heads should review their facilities and ensure that the main hallways are unobstructed (i.e. no material or objects placed in the main hallways). If you need assistance, call the Safety Office at extension 47233.